

Our Prayer Diary



October 2024

A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6 verses 8 - 9 NIV

Tuesday 1st

The Blythswood Shoebox appeal launches in October. *Castletown and Community Free Church* will once again be the hub for donations, shoebox wrapping, filling and storing. If you wish to donate, please contact Howard or Christine Stone on 01847 821321 to arrange a suitable drop-off time. As well as goods for going into the boxes, monetary donations can be given to assist with transport costs. The Blythswood lorry will arrive in the county in November. This is a worthwhile cause, please support it if you can. Heavenly Father we ask You to bless all those who will receive a shoebox from Blythswood.

Wednesday 2nd Prayer Time at Canisbay Church Hall at 2.00 pm

Lord, we pray for all those who have been wrongly convicted. May their innocence be found so they are released from the anguish of their unjust punishment and led to a free life without a feeling of guilt, or the need to seek revenge.

Thursday 3rd

We are very grateful to Rob Easton-Berry who has led the Alpha Course on a Thursday for some time now. Although each person can't always be there, all have agreed that it is well worth attending and we have much to think about. Each session has one or two films followed by good discussion and then lunch together which is generously provided. We find that people are beginning to ask what the course is about, when the next one will be run and whether it is meant for anyone? Heavenly Father, we give thanks for the availability of the Alpha Course here in Pentland Parish. Bless everyone who attends. We also ask that seeds of interest will be sown and that if a course is run in the future more people will come along.

Friday 4th

Caring God we bring before You the Petersen family. It has been a very worrying time for them recently. We give thanks for the skills of the medical team who performed surgery and cared for Tristan in hospital. We ask for You to lay Your healing hands on him, relieve pain and speed up the recovery process.

Saturday 5th

Heavenly Father, enlighten all the politicians everywhere in the world so that they make the right decisions. Everyone should be able to live in a safe and peaceful country. *"Happy are those who work for peace, God will call them his children."* Matthew 5 verse 9.

Sunday 6th

Creator God, we pray for farmers, crofters, and all those who devote their lives and work to the land and cultivate our food. We thank you for their persistence and their knowledge. We thank you for the care they give the animals who graze their land. We thank you for the care they provide to the land itself to ensure the ground will yield crops enough for the world. Helps us to dispel our romantic notions of farm life, of getting to work outside and being one's own boss, when we know that in reality the work is hard, the weather is often horrible, and the animals and the land are the ones really in charge of a farmer's time. Be with them all, in their time of need.

Monday 7th

Loving God, grant to us the maturity of age coupled with the freshness of youth, the wisdom of experience alongside the candour of childhood. However many our years of commitment, may our love for You and our yearning to know You better sparkle as brightly as the day on which our faith was born, the new life You have put within us being made new each day.

Tuesday 8th

The words of the hymn 'I heard the voice of Jesus say', "*Come unto me and rest*", along with the additional quotes in the bible is an important message to us all. We need to take more time for ourselves and our faith and to remove unnecessary burdens. Lord teach me to slow down, rest and think of all that You have taught us so I can be worthy of myself and as a consequence a better person for those around me. I give You thanks and ask that You give me the strength and wisdom to pray for those in need of help at this time.

Wednesday 9th Prayer Time at Canisbay Church Hall at 2.00 pm

4 Paws hopes we enjoy autumn – the changing colours and light. They ask us to make sure that our pets too are visible in the darker days. John Grogan the American author of *Marley and Me* tells that dogs offer a warm welcome: "*Such a short time our pets have to spend with us and they spend most of it waiting for us to come home each day.*" How often do we see a pet looking out the window waiting for their family to return? Lord God when You created the universe You blessed us all with living creatures. We especially thank you for giving us pets who bring so much joy to our lives.

Thursday 10th

Today is *World Mental Health Day* with the overall objective of raising awareness of mental health issues around the world and to mobilize efforts in support of mental health. Heavenly Father You are the giver of life and health. Please bring comfort and relief to those suffering from mental and emotional illnesses. We ask that You will also be with those who care for them. Strengthen them in situations that they find difficult.

Friday 11th

This afternoon schools in Highland Region begin their October holidays. Father God we give thanks to the school staff for all the knowledge they imparted to the children during the last term. May both staff and pupils now have a well earned rest for two weeks. Keep them safe when travelling or embarking on new adventures.

Saturday 12th

The following words are the first verse of the famous gospel song ‘Count your blessings’ written by Johnson Oatman at the end of the 19th century.

*When upon life's billows you are tempest tossed,
When you are discouraged thinking all is lost,
Count your many blessings name them one by one,
And it will surprise you what the Lord has done.*

Although it was written over one hundred years ago, one thing that has not changed since that period is the amount of negative information and emotional problems that we all have to face in our lives. Everyone can benefit from taking five to ten minutes to recall all the good things that God has provided in their lives and no doubt their mood will be lifted.

Sunday 13th

It is October, the month of the humble conker! A regular contributor took one home to their grandson when he was about 2 weeks old saying “*Your first conker!*” Aled Jones reminisced about conkers. When a chorister in Bangor Cathedral an almighty gust of wind blew down at least fifty of them. He was filling trouser and coat pockets. On the second Sunday in October the *World Conker Championships* takes place in the village of Southwick in Northamptonshire. Heavenly Father thank you for the opportunity to take part in a conker championship. We give thanks for the fact that the fruit of the horse chestnut tree can give so much fun to adults and children alike.

Monday 14th

Loving Father, we pray for all the people whose lives were taken by recent natural disasters and for those whose homes have been destroyed by floods or fires. We also remember in our prayers all those who came to help and comfort them. Lord, help us to protect the beautiful planet You created for us.

Tuesday 15th

A regular contributor recently visited a relative they had not seen for a while. He was noticeably more frail than the last time they had met. On enquiring how he was, he replied "*I've been better, but I've been worse*". That brought to mind the following words written anonymously. *'I've seen better days, but I've been worse. I don't have everything that I want, but I do have all I need. I woke up with some aches and pains, but I woke up. My life may not be perfect but I am blessed.'* Loving God, help us to be content with what we have.

Wednesday 16th Prayer Time at Canisbay Church Hall at 2.00 pm

The problems of the cancellation of the Wick – Aberdeen flight features in the press at regular intervals. This has led to people missing medical appointments in Aberdeen and connections to outward journeys leaving the city. Fortunately it looks like the issues are being taken seriously. Caring God, we pray that the problems can be resolved and a more reliable service supplied.

Thursday 17th

Another regular contributor has been finding old hymns coming to mind and singing them to themselves. They recently thought of the following one. "*I am so glad that Jesus loves me, Jesus loves me, Jesus loves me. I am so glad that Jesus loves me, Jesus loves even me*". That is an understatement, isn't it? When we are finding things hard, this is something to hold on to. Lord, please, help us to trust You all the time.

Friday 18th

Father God, instead of worrying about the impression some people have of the church, of Christians, and of You, may we live in such a way as to show, simply but sincerely how much You mean to us, and what You have done in our lives, our gratitude, love and allegiance speaking unmistakably to all.

Saturday 19th

Heavenly Father, fill us with the love of Christ, to love our neighbours. Give us hearts of compassion to stir us to act on their behalf and give from what we have to provide for their needs. We pray for an end to poverty and deprivation, for a time when people will not just live, but thrive. When people can pray, "*Give us this day our daily bread*", knowing that they can thank You, the God who provides.

Sunday 20th

Almighty God we bring before You all who attend to the maintenance and upkeep of the church and grounds at each of our four places of worship. They give of their time and talents to keep the grounds tidy and the buildings comfortable. We truly appreciate all they do.

Monday 21st

This month we look to the *CrossReach Kirkhaven Project* for the resettlement of homeless people with complex needs. Heavenly Father we give thanks for Your mercy and faithfulness, and the abilities, skills and giftings each person brings to the team, as they serve in Christ's name. For the people supported by the service may they know Your presence and peace. God we ask You to strengthen the staff as they work patiently with those in their care.

Tuesday 22nd Pentland Parish Guild in Canisbay Church Hall, 1 pm

Today Pentland Parish Guild meets in Canisbay Church Hall at the earlier time of 1.00 pm as lunch will be served. We invite you to join us. To assist with catering (if you are not a Guild Member) please can you let the Editor know that you plan to come along. Good food and fellowship will be on offer. Do bring a friend! Donations for Guild Projects will be gratefully received. Heavenly Father we thank you that in a world where many are hungry, we can have an enjoyable meal with friends. May this nourish our bodies and strengthen the bonds that unite us in love and faithful service.

Wednesday 23rd Prayer Time at Canisbay Church Hall at 2.00 pm

Draw us closer, Lord, and help us to know You better, so that You may matter to us as much as we matter to You.

Thursday 24th

Today is a gift from God, that's why it is called the present. Live each day to the full and treat it as a precious gift. *'Let all that I am praise the Lord; with my whole heart, I will praise His holy name.'* Psalm 103 verse 1 NLT.

Friday 25th

May God grant you light to guide you, courage to support you, and love to unite you, now and always.

Saturday 26th

This weekend the clocks go back an hour. For the next few months there will be fewer hours of daylight. God of light, encourage me to still see the wonders of Your creation even though I might be less inclined to go out. Help me to use the time I am indoors to slow down and listen for Your still, small voice.

Sunday 27th

The following is a true story that happened 50 years ago. The doctor looked around the group of mission staff. *"This will be our final order for this year. Is there anything else you feel we might ask for?"* A hush went round the room. One young nurse asked *"Could we ask for a doll for little Anwen? As you remember her mother died giving birth to her brother"*. Several nods followed. Some weeks later the aeroplane arrived and the staff all crowded around it. *"Has my doll arrived?"* a voice asked and some of the adults looked at her. As the plane was unloaded, boxes and packets went on to carriers, the child continued watching. *"It must be there"*, she declared. *"You prayed and God must have heard you. He can't be too busy"*. As the adults looked, some felt guilty. The child clambered up the side of the plane and jumped into the luggage compartment. A moment later a hand appeared holding something brightly coloured. *"I knew it would be here. God answers your prayers"*. Give thanks to God that He is our Father who answers all our prayers.

Monday 28th

In all that we do Lord, help us to practise what we preach, to witness to You in word and deed. May our walk back up our talk and bring honour to You.

Tuesday 29th

Canisbay Church Hall is used by the local Mother and Toddler Group each Tuesday. Father God, we thank you for the gift of new life – for all families whose lives are enriched by the birth of a baby. Guide the parents as they bring up their children. May they enjoy meeting friends here in the Church Hall, the little ones having fun playing together, and Your love surrounding them all.

Wednesday 30th Prayer Time at Canisbay Church Hall at 2.00 pm

Loving God, thank you that we have so much to celebrate, so many reasons to rejoice and give thanks. Even when life gives trials and tribulations, You are working in all things for good, offering yet more reasons to be glad. Too often we have lost sight of that and allowed worries, regrets, fears or hurts to overshadow the joy we have found in You. Teach us instead to count our blessings, and to exult in everything You have done; to live each day joyously and with spirits leaping to You in worship.

Thursday 31st

Comforting God, please be with all who are grieving just now. May they feel Your arms of love holding them in their time of loss. Help to fill their aching hearts with pleasant memories. Also, please give friends and family the right words to say in difficult times of bereavement. *"The Lord is near to the broken hearted and saves the crushed in spirit"*. Psalm 34 verse 18



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meeting in four congregations around the Caithness Coast:

CANISBAY, DUNNET, KEISS and OLRIG.

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A pdf copy of this and previous editions of the Prayer Diary are available to view online via our website - www.pentlandparish.org.uk. Copies also go by e-mail to a growing number of friends throughout Scotland and we are sincerely grateful for their interest and support. Feel free to commend it to others, and if they express a wish to receive it please forward their contact details to the Editor.

If you have found this Prayer Diary helpful please let us know, and if there is any topic or particular prayer you would like included in a future issue please contact the Editor, Liz Buchan, via:
***e-mail:* admin@pentlandparish.org.uk or *phone:* 01847 821759**

**Copy date for the November issue is Monday 21st October.
We continue to need your prayers! Thank you!**

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